

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Washington Park Store, Rocky Mountain Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Counter Attack 90

Men'S One Multivitamin 150

Prenatal One Multivitamin 30

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Food Based Calcium

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 150

Prenatal Petite Multivitamin 90

Kid'S One Multistars 90

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Food Based Calcium

Sauces/Salsas/Dips

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

Condiments

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis
- Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

- Food Based Calcium
- Kid'S One Multistars 90
- Counter Attack 90
- Active Senior Multivitamin 90
- Men'S One Multivitamin 90
- Men'S One Multivitamin 150
- Food Based Calcium
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Prenatal One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Prenatal Petite Multivitamin 90
- Women'S One Multivitamin 30
- Women'S One Multivitamin 90
- Men'S One Multivitamin 30

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Enjoy Life Foods

- Mini Chips

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Sauces/Salsas/Dips**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce